



Cook the Book: Brunch Clafouti



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cup raspberries fresh such as pitted cherries or raspberries
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cranberries divided (if using cranberries, double the sugar)
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons frangelico

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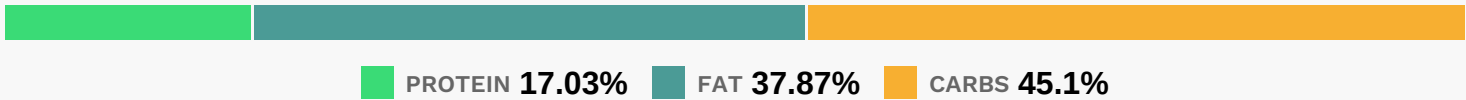
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Place an ovenproof 9-inch or 10-inch skillet over medium heat for a minute or two to get hot. Meanwhile, in a medium bowl, whisk together the flour, 2 tablespoons of the sugar, and the salt. Gradually whisk in the eggs until the mixture is smooth and lump free.
- ☐ Whisk in the milk and extracts.
- ☐ Melt the butter in the hot skillet, swirling to coat evenly.
- ☐ Sprinkle the remaining sugar over the butter and then add the fruit to the pan. Increase the heat to medium-high and saute, shaking the pan frequently, until the fruit softens and the juices and sugar form a thick syrup, about 3 minutes for most fruit, longer for cranberries.
- ☐ Turn off the heat and add the brandy to the pan, shaking the pan to coat the fruit evenly.
- ☐ Pour the egg batter into the pan.
- ☐ Bake in the upper third of the oven for 10 to 12 minutes, until puffed on the sides and fully cooked in the center (check with the tip of a knife).
- ☐ Serve warm with a dusting of powdered.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:9.49, Inflammation Score:-4, Nutrition Score:8.920434837756%

Flavonoids

Cyanidin: 23.5mg, Cyanidin: 23.5mg, Cyanidin: 23.5mg, Cyanidin: 23.5mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 1.07mg, Delphinidin: 1.07mg, Delphinidin: 1.07mg, Delphinidin: 1.07mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 163.67kcal (8.18%), Fat: 6.86g (10.55%), Saturated Fat: 3.01g (18.78%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 14.81g (5.38%), Sugar: 2.52g (2.8%), Cholesterol: 147.02mg (49.01%), Sodium: 199.92mg (8.69%), Alcohol: 0.22g (100%), Alcohol %: 0.25% (100%), Protein: 6.94g (13.88%), Selenium: 16.94µg (24.2%), Manganese: 0.44mg (22.15%), Vitamin B2: 0.27mg (15.81%), Vitamin C: 12.66mg (15.35%), Fiber: 3.57g (14.29%), Folate: 55.84µg (13.96%), Phosphorus: 105.74mg (10.57%), Vitamin B1: 0.15mg (10.2%), Iron: 1.71mg (9.49%), Vitamin B5: 0.81mg (8.14%), Vitamin E: 0.96mg (6.39%), Vitamin A: 308.57IU (6.17%), Vitamin B3: 1.23mg (6.15%), Vitamin B12: 0.34µg (5.66%), Vitamin D: 0.8µg (5.35%), Zinc: 0.79mg (5.28%), Vitamin B6: 0.1mg (4.96%), Copper: 0.09mg (4.73%), Magnesium: 18.36mg (4.59%), Potassium: 143.21mg (4.09%), Vitamin K: 4.23µg (4.03%), Calcium: 36.09mg (3.61%)